

Drug Advisory Information for Breastfeeding

Mothers:

Royal Women's Hospital Medicines Information Line

Ph. (03) 8345 3190

Monday to Friday 9.00am to 5.00pm

Monash Health Drug Information Centre

Ph. (03) 9594 2361

Monday to Friday 9.00am to 5.00pm

Useful contacts:

Grampians Health Breastfeeding Support Services

Monday to Friday:

Ballarat - Phone 0439 981 937 (8.30am – 4.00pm),

Horsham - Phone (03) 5381 9010 (8.00am – 4.30pm)

The Australian Breastfeeding Association (ABA) 24-hour helpline:

Phone 1800 686 268

Website - www.breastfeeding.asn.au



Grampians Health

Breastfeeding Summary



Grampians Health (GH) supports, respects and encourages a parent's informed choice of infant feeding.

GH is an accredited Baby Friendly Health Initiative (BFHI) health service and complies with the 'Ten Steps to Successful Breastfeeding'

This is a summary of the GH Breastfeeding Policy. The complete Breastfeeding Policy is available on request - please ask a staff member for a copy.



This information refers primarily to healthy mothers and healthy, full term, newborn babies. Babies born preterm or unwell may have individual feeding needs within these broad policy guidelines.

At GH we:

- ✓ Ensure that our staff have the right knowledge and skills to support breastfeeding.
- ✓ Discuss the importance and management of breastfeeding with pregnant women and their families and help parents prepare for breastfeeding.
- ✓ Place newborn babies' skin-to-skin with their mother straight after birth to allow early breastfeeding instincts to develop without interruption.
- ✓ Help mothers recognize and respond to their baby's feeding cues.
- ✓ Support mothers to learn how to breastfeed and teach them how to manage common breastfeeding challenges.
- ✓ Teach mothers how to express and store their breast milk and how to keep up their breastmilk supply if separated from their baby.
- ✓ Do not give infant formula to breastfed babies unless there is a medical need, and a parent has given informed consent.
- ✓ Keep mothers and babies together from birth so they can develop a natural pattern of breastfeeding.
- ✓ Counsel parents about the use and risks of bottles teats and pacifiers when establishing breastfeeding.
- ✓ Provide parents with information about how to access peer and professional support for breastfeeding.
- ✓ Teach parents of formula fed babies how to safely prepare and use infant formula.
- ✓ Provide support to our own staff who are breastfeeding.
- ✓ Monitor infant feeding data for all babies born at GH
- ✓ Comply with the International Code of Marketing of Breastmilk Substitutes